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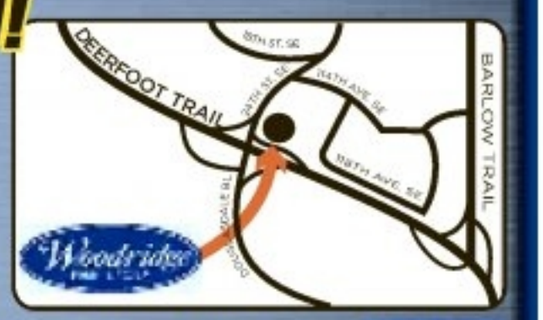

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CITY SERVICES
Condos and apartments to get organic pickup in 2017
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A WAR OF WINDOWS

Staffers create pixelated Post-it images high above Calgary

metroNEWS

Carbon tax is no PST

ALBERTA

Economist pans MLAs' comparison

Jeremy Simes
For Metro | Calgary

Any comparison between the NDP's carbon tax and a provincial sales tax is outright stupid, according to a Calgary economist.

As MLAs continue to debate the government's proposed legislation that ups gasoline and natural gas prices, the Wildrose tends to liken the legislation to an incognito PST.

But University of Calgary economist Trevor Tombe disagrees with the Wildrose's assertion. He said there's much more to the carbon levy.

"People who are trying to compare it to a sales tax are trying to score political points rather than inform the public," Tombe said.

What connects the two is how much revenue both taxes will generate, according to Jack Mintz, president's fellow at the School of Public Policy at the University of Calgary. He said both a 3 per cent HST and the carbon levy would increase government revenue by about $3 billion.

But an HST and carbon tax widely differ in how they're applied, Tombe added. He said an HST applies to almost all goods at an even rate, whereas the carbon tax only applies to products that require carbon to make. Such products will change in price according to the intensity of carbon associated with them.

Goods like clothing will likely see a prices increase, but by about less than one to two per cent, Tombe said.

Where the real economic benefit can be found, though, is by using the carbon tax and a potential HST to reduce income and corporate taxes.

"By doing that, you'd yield significant gains overall," Tombe said.

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metro NEWS

Your essential daily news

No charges for the parents of a toddler who fell into the Cincinnati Zoo gorilla enclosure. **World**

Fast times as riders keep on racking up the records

TRANSPORTATION

Only way is up and up, with warm weather a key factor

Helen Pike
Metro | Calgary

The downtown cycle track is catching on fast, and as the cycling season ramps up, the network's already seeing a mammoth load compared to last year's numbers.

Last July, the city recorded a ridership record for the controversial downtown cycle track. As the numbers go, this year that record was already surpassed in May at 92,582 trips — that's 1,362 trips over last year's record.

Where can we go from here? Tom Thivener, projects coordinator for the Liveable Streets Division, said there's nowhere to go but up. He expects to be seeing several record setting counts this summer.

"It's just another sign that a lot more people are starting to use it then they were last year," said Thivener. "We're still not quite into peak riding season."

The key point to keep in mind is the network only opened June 18, 2015, so there isn't a count from last year to compare May's figures to.

Although it's not usually the most stable month for ridership, May has already crushed the downtown cycle track network's record for last year. METRO FILE

But comparing data at other counter locations, like the 7th Street track, May typically isn't the peak month. More riders are out when the weather stabilizes in June and July and August.

In April, it was the warmest month on record for Calgary, and the city saw over 80,000 trips on the cycle tracks.

> **Cycling is more popular than ever, not just downtown.**
> Tom Thivener

Thivener said the city may have to flip the board on the 5th Street electronic counter to-tem — it maxes out at 300,000. That's the most popular track.

"It's the most central route, and the one that pierces the tracks," said Thivener.

What's even more interesting is 7th Street isn't seeing a significant ridership dip according to Thivener. The track was built before the pilot and has maintained a loyal number of cycling trips — even with its close proximity to the pilot network's most popular track just a block over on 5th Street.

"Cycling is more popular than ever, it's not just downtown where we're seeing these numbers," said Thivener. He said the counter on 10th Street N.W. had 15,000 trips for the month of May, a route that's quadrupled after the addition of a bike lane.

POLICE

Officer facing charges

Disappointed; that's how Calgary police are feeling after they've had to charge one of their own when it was alleged he seized marijuana on duty, but the drugs were not "disposed of according to procedure."

Calgary police are charging a constable with 15 years under his belt after drugs were found in a search of the his residence.

"Public trust and confidence are things we take very seriously," said Superintendent Ryan Ayliffe. "We don't like to disappoint the community when things like this happen, but at the same time we want to be transparent."

According to a release, members of the Anti-Corruption Unit were handed allegations a constable may have failed to dispose of some seized substances. After an investigation, Robert Cumming, a 43-year-old Calgarian, was arrested and charged with breach of trust, theft, and possession of a controlled substance.

"Right from recruit class our officers are taught how to properly process exhibits," said Ayliffe. Police weren't clear on how much marijuana was found, and couldn't release how long the substances were in his possession, but the investigation spanned seven months.

Ayliffe said the most serious charge against Cumming was his "breach of trust," which is a fairly rare charge. It means the officer didn't properly process evidence. He will appear in court July 15. HELEN PIKE/METRO

Taxpayer hit by $1.6K hike

FINANCE

Homeowner frustrated at 'regressive' property tax

Brodie Thomas
Metro | Calgary

With more and more houses being built, and property values climbing, Douglas McCrae questions why the city's tax rate is increasing at all. METRO FILE

Like any Calgarian, Douglas McCrae was expecting to see a jump in his tax bill this year.

He just wasn't prepared to pay 36.7 per cent more tax on his townhouse in Marda Loop.

He said it amounts to an annual increase of $1,596. McCrae is frustrated with how the city keeps ratcheting up the tax rate.

The city is quick to point out that the province has increased its portion of the residential tax rate much more than the city for 2016 on its website's FAQs, but McCrae did some digging and found that the numbers tell two very different stories based on short-term or long-term views.

The province's ask from taxpayers has jumped significantly from last year's. The province wanted 10.2 per cent more than last year from residential homeowners, while the city only wanted 3.5 per cent more.

McCrae did a bit more digging and found that since 2010, the province has actually decreased its tax rate by 9.9 per cent. However the city's tax rate has increased 18.2 per cent in that same time.

"The tax rate is up, the number of properties has gone up, and the value of each of those properties has gone up — so what is the cumulative increase of those three factors?" asked McCrae.

Coun. Evan Woolley said the problem is that property tax is pretty much the city's only tool to get money from citizens to pay for services.

"It's a regressive tax and it's a form of tax I dislike. It's not based on your ability to pay," said Woolley. "If you make improvements to your property, your taxes go up."

> **(The tax is) not based on your ability to pay. If you make improvements to your property, your taxes go up.**
> Coun. Evan Woolley

He said he's looking forward to the City Charter because it may allow the city to raise revenues in "better ways."

Woolley said the city's increase this year is on par with inflation plus growth.

"We're trying to keep the taxes as low as we possibly can while at the same time accounting for growth."

McCrae said he's mulling a run for office himself, because he feels its time for change.

IN BRIEF

Teen charged with uttering threats on Snapchat

A Cochrane high school student is facing one count of uttering threats after allegedly posting threatening images on Snapchat.

RCMP received a complaint that a 15-year-old had posted a picture of himself with gun ammunition, along with a caption that warned students not to attend Cochrane High School on June 6. The image was posted on June 3.

METRO

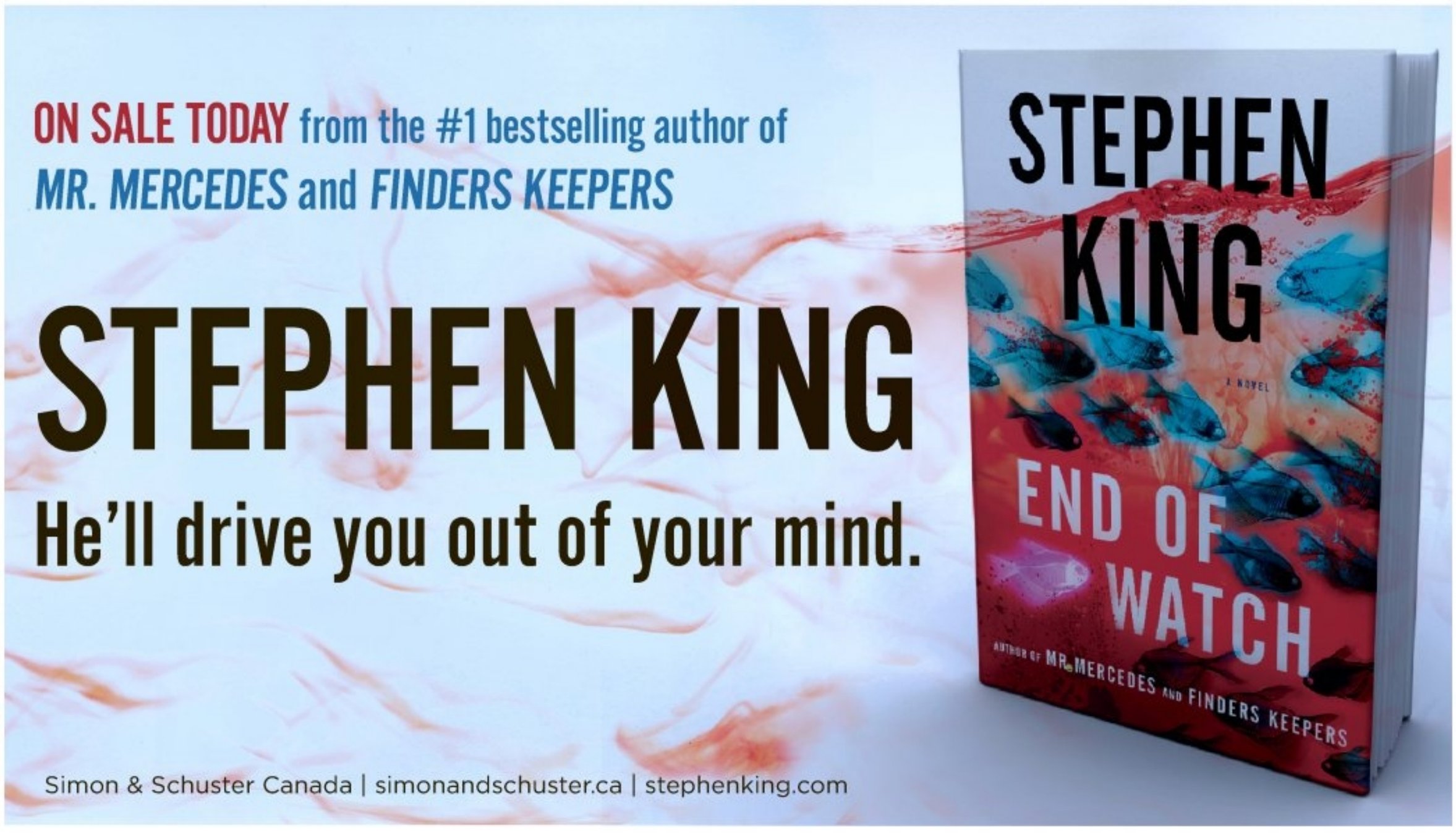
Police bust alleged drug lab in Auburn Bay

Calgary police say they busted a drug lab in the city's southeast Sunday evening.

At 6:15 p.m. Sunday, police were called to the 0-100 block of Autumn Terrace S.E. after the home's landlord inspected the house and allegedly found paraphernalia and drug-making equipment.

Police continue to investigate. Charges have not been laid.

METRO



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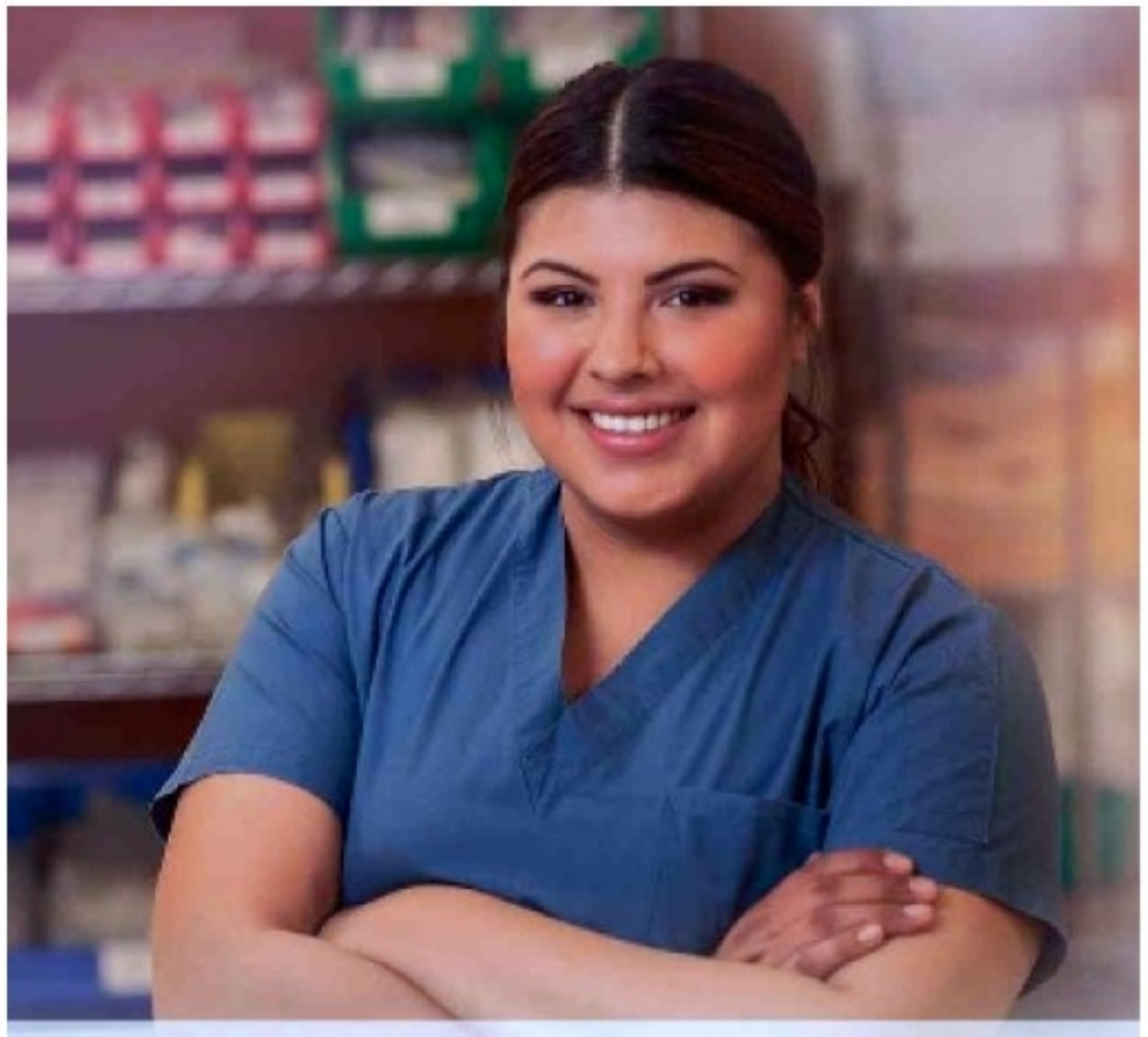

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Calgarian Cheri Roberts, who has relapse-remitting multiple sclerosis, worries she won't be competent to make a decision when the time comes to end her life. JEREMY SIMES / FOR METRO

Woman gets help awaiting death

GOFUNDME

Community supports MS patient until a doctor can help

Jeremy Simes
For Metro | Calgary

Kelsey Tole is paying Cheri Roberts back with a favour after Roberts helped her through tough times in the past.

Last week, Calgarian Cheri Roberts — who has relapse-remitting multiple sclerosis — voiced her concerns with the federal government's assisted-death legislation as it doesn't allow for advanced requests.

On Monday, Tole launched a fundraiser to help Roberts, who mentored her in the past.

She said the funds will help Roberts take a bus to see her daughter, Emma, who lives in Edmonton. Roberts doesn't have a car and relies on Assured Income for the Severely Handicapped to pay for essentials.

"In this kind of case where it seems so big of an issue, we all need to feel we're doing a part in changing things," she said. "This is one of those things where I can do my part."

Doctor-assisted death became legal in Canada on Monday under criteria established by the Charter and regulators.

Roberts has been advocating to make an advanced request for a doctor-assisted death because she fears physicians won't consider her competent when the time comes. The federal government's current legislation doesn't allow for advanced requests.

Sigrid Wili, co-coordinator with Dying with Dignity's Calgary chapter, said the legislation also needs to remove the phrase "foreseeable death" from the proposed bill because it makes it sound unclear.

"It's not helpful," Wili said. "We're all facing a foreseeable death, technically."

However, Roberts said she's extremely thankful her friends are helping her.

"I'm just not used to it," she said. "This help is massive. It's hard to budget bringing (Emma) here or for me to go there."

Roberts' GoFundMe page has raised $600 since Tole launched the campaign. Tole said she hopes to raise $1,500 for Roberts.

"It's a big goal, but I just wanted to help her in some way — she's not the type to ask for help," Tole said. "One day at a time I guess."

HEALTH

Doctors offering assisted death need services: doctors' group

Increased accessibility and longer counselling sessions may be in store for doctors who choose to offer medically assisted deaths, according to Alberta Medical Association (AMA) President Dr. Carl Nohr.

As doctor-assisted death became legal on Monday, some have expressed worry for the province's physicians who plan to offer medically assisted dying, questioning what supports will be made available.

Nohr said the AMA is considering modifying its current support plans for doctors as medically assisted death becomes legal, and will monitor the impact on physicians as time progresses.

"We're considering options that increase accessibility and duration (for doctors providing the service)," Nohr said. "We have had discussions about the stress that physicians may experience, whether participating or not participating in medical assistance in dying."

Last week, the government passed regulations on medically assisted dying as the proposed federal bill is debated in the Senate.

Within the provincial government's regulations, the NDP directed Alberta Health Service to co-ordinate and facilitate access to support services relating to medical assistance in dying — including grief and bereavement services — for families, support persons, Alberta Health Services (AHS) health care providers and other care providers.

AHS spokesman Colin Zak said the organization offers peer and crisis support, chaplain services and grief counselling to help staff address challenges associated with the work environment.

Other supports include various programs and a mental health helpline, Zak added.

JEREMY SIMES/METRO

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Islamophobia hotline gets regular use

TOLERANCE

Fielding lots of complaints but building relationships

Ryan Tumilty
Metro | Edmonton

A hotline meant to give victims of Islamophobia a place to call has received more than one complaint per day since it was launched.

The Alberta Muslim Public Affairs Council launched the hotline in early April and has received 78 complaints so far. Mustafa Farooq, who manages the hotline, said that's more than they anticipated.

"Since the line has opened we keep hearing more and more feedback from our community," he said.

The hotline was set up in response to several incidents of vandalism and other hate crimes directed towards Muslims in Alberta. Of the 78 cases so far, Farooq said eight of the cases have been referred to police for possible hate crimes investigations.

"We have a great relationship with Edmonton Police service. We are starting to build a great relationship with the Calgary police service," he said.

Muslim Albertans have been calling a hotline for advice on things like this graffiti on a Calgary CTrain station in 2015.
FACEBOOK

The estimate is rough, but the group believes about 60 per cent of calls are coming from Edmonton and 40 per cent from Calgary.

He said in the last six weeks they have noticed a turn toward on-the-job discrimination.

"A significant number, 80 per cent of our calls, were employment rights or discrimination cases," he said.

He said many of the people who call don't know exactly where to turn and in the employment cases especially they fear raising the issue.

"They don't want to make waves and I think that's something most Albertans could relate to. You just want to have a normal life and do things in a normal way."

He said those cases are more difficult to solve, but the council has offered sensitivity training workshops in some cases to deal with the problem. He said people being targeted often feel like they're the problem, and the hotline helps there as well.

"We've offered to refer them to mental health resources."

The council is also tracking data to try and see broader trends in this discrimination and working with other community groups. He said they'll know the hotline worked if it changes minds in the broader community.

"It will be completely successful when we don't have any more calls and we have to shut it down."

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Shaw Scotia Centre's IT department began with a few simple Mario characters and a version of their company mascot. COURTESY STEPHEN GIBSON

Office wages war with Post-It notes

TRENDING

Competition sees creative art 30 storeys above ground

Aaron Chatha
Metro | Calgary

War has come to Calgary.

And it will be fought with Post-It notes.

After seeing the hashtag from New York city, where business towers were creating art out of Post-It notes to impress the neighbouring buildings, the IT team at Shaw's Scotia Centre location decided they would try to kick off the trend in Calgary.

About a week-and-a-half ago they bought a few hundred Post-It notes and created a few Mario-themed items, and Shaw-bot, in their 30th floor window.

Then they waited for someone to notice. At first, they thought perhaps it wouldn't catch on, until they came in and looked out their window Monday morning.

"We come in and look across the tower and saw that someone had replied with a few of their own — an R2D2, a Wario and Pac Man and other good stuff," said Stephen Gibson, member of the team. The challenge was accepted.

Now Gibson said they're scheming new ways to reply back to the office tower across from them. The aim of the game is to do something more fun and creative, to try to get one on the other guys.

> **"Someone had replied with ... an R2D2, a Wario and Pac Man.**
> Stephen Gibson

FIRE DEPARTMENT

Integrated pilot program shows promise, reduces response time

Helen Pike
Metro | Calgary

Calgary's firefighters see more medical calls than flames these days, and as their role shifts towards being the first boots on the ground, there's a pilot showing promise to help with response times.

According to a report coming to a city committee on Tuesday, the $175,000 Medical Response Units placed at two of the city's highest medical call demand fire stations improved response times, apparatus availability and improved medical instance response times when compared to stations that don't have the units.

"It certainly is worthwhile," said Diane Colley-Urquhart. "To me it just points out once again why it's a really dumb idea for AHS to pull EMS out of our 911 call centre."

Colley-Urquhart explained that first responders for nearly 60 per cent of 911 medical calls are firefighters, showing the value of having the integrated system.

"Certainly it merits to broaden out the program," she said. But she noted that with the government and city's quibbles about the call centre, funding the project is a question mark.

"Until AHS stops this madness and puts a halt to this whole scheme of dismantling the 911 centre, everything is up in the air, it's all uncertain and affects everything."

Here's a glance at why the program is doing good: It cut response time down by one minute and 27 seconds for both stations #01 and #12, in districts with similar call volume the MRIs were able to show up 30 seconds earlier, demand on fire apparatuses lessened, downtown's response time was cut down another 12 seconds — and in emergency response situations, every second counts.

The Calgary Fire Department has identified four more stations that could use the medical units to help improve the force's response overall.

The money for the program came from a one-time grant out of the resiliency fund in 2015. The CFD took two vehicles from their fleet, and repurposed them. The vehicles were smaller and more able to respond to calls in tight spaces, especially in the downtown core.

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Entrepreneurial convergence

Startup Weekend brings the city's best and brightest ideas to light.

Antony Baasandorj, Manuel Dominguez, Eric Tong, Scott McKay, Marshall Stevenson, Edvard Keller and Amanda Espinoza won with their pitch for Rent Your Stuff. CONTRIBUTED

Aaron Chatha
Metro | Calgary

Rent Your Stuff throws the winning pitch

Hoarders and non-hoarders alike, rejoice! There's finally a way to squeeze some money out of your old stuff — without getting rid of it.

Well, actually, it's not here yet, but it's coming!

Startup Rent Your Stuff took first place at this year's Startup Weekend. The team of young entrepreneurs squared off against many other teams of young entrepreneurs, to develop and pitch their ideas to local investors and experienced professionals over the first weekend in June. They had 58 hours to build an idea from the ground up and pitch it to a panel of judges.

Rent Your Stuff is a straightforward concept — using their platform, users can put old equipment, anything from clothes to tools, up for rent based on a daily or weekly rate.

"Imagine you have a lawn mower in your garage, it's just collecting dust, not doing anything," said team member Edvard Keller. "You might use it once every couple of weeks. Other users can rent out a lawn mower instead of spending $200 so they can cut their grass once."

The annual event has been the birthing pool for a number of successful Calgary startups, like Print2Peer and Give A Mile.

But where most of the groups over the weekend had their ideas in place on Friday, Rent Your Stuff, however, didn't settle on a concept until Saturday morning.

"One of our cofounders, he said his wife was looking in the closet with nothing to wear," said team member Amanda Espinoza. "She said, you have your friends to borrow clothes from, but nothing beyond that. What if you could rent your clothes? We said, why stop at clothes?"

They reached out to people in their social network and downtown Calgary to back up their claim that there was demand for their service.

Kyle Ashby, a special guest from Startup Santa Barbara, said the wide range of Calgarians taking part impressed him.

"I'm really impressed by the number of people — 98 registrants," he said. "And I'm really impressed by the range of diversity, in age, race, experience, male or female. It's great."

The event is meant for a wide range of Calgarians — from those who have a serious pitch in mind, to those who just want to test the waters and learn about the entrepreneurial playing field.

Not a single member of Rent Your Stuff had competed before.

Now, they hope to take their pitch and turn it into a fully realized concept. To keep up with their progress, visit http://rentyourstuff.co.

The youth connection

While the main teams worked furiously to prepare their pitches through Startup Weekend, their younger counterparts casually put them to shame by addressing social issues head-on.

The Startup Weekend Youth Team created a pitch based on bridging the gap between immigrant and refugee youth, and youth born in Calgary.

Team members said there are many resources available in the city for parents, but not enough for young people.

"They're very unfamiliar with the culture and the language, and it's very hard to go to school in a new environment," said team member Katherine Yuan.

Each of the four team members said they came from immigrant families themselves, so they saw first-hand the barriers they faced.

"There's a lot of hostility people see towards these new immigrants or refugees because people are sometimes scared," explained team member Sarthak Singh. "This can help to reduce the conflict people see."

Katherine Yuan, Rena Wu, Faris Fizal, Sarthak Singh formed the youth group Team Unify to bridge the connection between immigrant and Calgary-born youth. AARON CHATHA/METRO

Their project, Unify, will pair Calgary volunteers with immigrant and refugee youth based on interests, belief systems and more, to essentially breed new friendships. The program will help them learn English outside of class, and learn more about Calgary —how the transit system works, and what there is to do in Calgary. AARON CHATHA/METRO

Gregory Turnbull and Nathan Montgomery. AARON CHATHA/METRO

Startup legalities

Startup Weekend was hosted by the McCarthy Tetrault law offices — who are also responsible for a program called The Foundry.

The Foundry helps new startups in the city by offering them fixed-rate legal advice, which on it's own isn't cheap.

But for McCarthy Tetrault partner Gregory Turnbull, who's worked with oil and gas companies, it's a passion.

"It's fun," he laughed. "We do a lot of stuff in legal practice that's negative. There's a downside of law, and there's a happy side of law. I find supporting entrepreneurs on the happy side. Calgary is a huge risk-taking city."

Turnbull said there are many sides of the law that startups don't consider.

Namely, protecting your intellectual property.

"You may have a great a great idea — but how hard is it to duplicate?" Turnbull explained. "If you don't protect your IP from the first moment ... then someone can copy your idea right away."

As well, he said, it's important to determine who owns the idea — is it an individual, a group, or perhaps an entire university class?

Then there's the issue of taxes.

"Not every business is successful. How are you incurring the costs and where are you incurring the costs? If you're not successful, can you write that off?"

The program started with the University of Calgary's Fast Pitch program, and now Turnbull said they're willing to listen to pitches from all sorts of Calgary entrepreneurs.

They're looking for companies with growth potential, in what they see as an investment into the city's future.

AARON CHATHA/METRO

NDP defeats call for referendum

CARBON TAX

Minister says that Wildrose amendment not 'appropriate'

Jeremy Simes
For Metro | Calgary

Infrastructure and Transportation Minister Brian Mason says the Wildrose needs to put things in perspective when wanting to initiate a referendum over the NDP's carbon tax.

On Monday, the NDP defeated the Wildrose's amendment that called for a referendum on the government's plans to implement a carbon tax at a tally of 70-19.

Wildrose MLA Jason Nixon, who took the lead on the amendment — which would require the government to conduct a referendum before the tax is implemented — compared the tax to a PST.

He said the NDP's platform didn't include a tax on carbon when the party was running for election in 2015.

The NDP's carbon levy will increase gas prices by 4.49 cents per litre in January 2017 and 6.73 cents per litre in 2018. METRO FILE

"Given that we're dealing with one of the most massive tax increases in our history — that appears like a provincial sales tax — the government needs to bring it to the people," Nixon said.

"This is a tax increase that's literally going to increase literally everything we purchase."

During question period Monday afternoon, Premier Rachel Notley refuted Nixon's assertion.

"In the last election, our party stood very clearly on the platform and on the position we would take real and substantive action on climate change," she said. "And that, Mr. Speaker, was the referendum."

During the debate at the legislature Monday evening, some Wildrose MLAs referenced Canada's conscription crisis when talking about the party's amendment.

In reply, Minister Mason emphasized the carbon levy doesn't warrant a referendum; it's not like the nation is in crisis, he said.

"It's not appropriate," Mason said. "It's not on the same level of magnitude."

> "I would suggest the government look to other jurisdictions that have forced taxes on without the support of the community ... and what the consequences are.
>
> Wildrose MLA Jason Nixon

Kyle Ferguson, spokesman for the environment minister, said the NDP is open to amendments that are "reasonable."

In fact, the NDP accepted a Progressive Conservative amendment Monday afternoon that requires inspectors to issues receipts to landlords if they investigate their property.

With the amendment defeated, Nixon said he thinks Albertans will have their say when they go to the polls in 2019.

"If it fails, then (constituents) won't have their say now, but they will have their say in 2019," he said. "And I would suggest the government look to other jurisdictions that have forced taxes on without the support of the community .. and what the consequences are."

Mason said questions regarding the increase of gas prices are legitimate but questioned what the opposition plans to propose.

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Future of horse club unclear

Return to FORT MAC

More than 100 horses scattered after stables burned

Alex Boyd
Metro | Edmonton

Over half of the stables at Fort McMurray's Clearwater horse club burned down. CONTRIBUTED

The horses of Fort McMurray's Clearwater Horse Club faced an evacuation almost as chaotic as their owners'.

As fire raged, dozens were moved to new facilities, or rushed onto trailers for the trek south. When fire cut off that escape route, only one choice remained: Open the gates.

"(The remaining horses) knew it wasn't safe and they had to leave," said Charity Wiley, the club's public relations director.

And leave they did, forming a small herd and moving north through the forest.

"It reminds you that as domesticated as these animals are, they're descended from wild horses, and they still have a little survival skill in them," she said.

Now they've all been lured back by food, and Wiley said they're all safe.

But no one knows when they'll be able to go home.

> **It's not safe for people, it's not safe for animals.**
> Charity Wiley

Over half of the Club's 40 or so stables have burned to the ground, and the paddocks are a misty white from the chemical compound sprayed all over town to keep the ash down. But while you can warn humans to stay away from potential toxins, the message is lost on horses.

"We're now sourcing professional cleanup, because if it's not safe for people, it's not safe for animals."

Part the attraction of living in Fort McMurray is a lifestyle close to the outdoors, and for many, that includes horses. At Clearwater, the only public horse facility in town, the waiting list was as long as five years.

Now, their 100 equine tenants, ranging from pleasure horses to competition animals for sports like jumping or Western reining, are scattered across three provinces.

When it comes to rebuilding, their member-based model is working against them.

The destroyed equipment owned by Clearwater directly — including a gazebo, a Bobcat and arena groomer — will be replaced by insurance, but most of the paddocks, buildings and stocks of feed like hay were owned by members, and were difficult to insure, Wiley said.

"We're on a forestry lease and a municipal lease," she said. "It would be kind of like putting up a shed on the side of the road and trying to insure it."

In addition to cleanup, they're currently raising donations to get facilities rebuilt as quickly as possible.

"Hopefully that doesn't take too long, because we're all in the same position, where we all really miss our horses."

POLITICS

DiNovo to seek NDP leadership

New Democrat MPP Cheri DiNovo is the first candidate in the race for the leadership of the federal New Democrats.

The well-regarded Parkdale-High Park MPP will officially throw her hat in the ring on Tuesday in Toronto.

DiNovo, an outspoken critic of ousted NDP Leader Thomas Mulcair, wants the federal New Democrats to "reaffirm" their socialist principles, tackle climate change, and advance social justice.

Cheri DiNovo
TORSTAR NEWS SERVICE FILE

While she will not immediately resign as an MPP, sources close to her say she won't seek re-election in the 2018 provincial election regardless of the outcome of the federal leadership contest.

A champion of LBGTQ and other minority rights, DiNovo is one of the most effective opposition MPPs at Queen's Park with the Liberal government routinely adopting her private member's bills as government legislation.

Her work has led to increases in the hourly minimum wage, recognition of post-traumatic stress disorder as a workplace injury, and added gender identity to the Ontario Human Rights Code, among other changes.

TORSTAR NEWS SERVICE

WOODSTOCK

Youth suicides raise concerns

Police in a southwestern Ontario city say that five people aged 19 and younger have killed themselves since the beginning of 2016 in what an official of the Canadian Mental Health Association is calling a "suicide contagion."

The chief of police in Woodstock, Ont., said that in the same time frame 36 people have expressed suicidal thoughts or attempted suicide in Oxford County, which includes Woodstock and seven neighbouring communities. Woodstock and some of the surrounding area had a population of about 38,000 — nearly 9,000 of them 19 and younger — according to 2011 census data.

Officials in the area said they're working together to ensure they have enough resources to deal with the onslaught of calls to crisis lines, but high school students said they aren't seeing the effects.

In response to the situation, high school students in the city are speaking out on social media.

One Facebook group, called "Youth Suicide Prevention in Woodstock," has more than 5,000 members. It was created by Gail Evraire, 39, who lives in Woodstock, to give teens an outlet to discuss their experiences.

"There was nothing being said about our youth, and what our youth were expressing about what their needs might be," she said.

"These are their peers that are taking their lives, and I can't imagine what the kids must be feeling."

THE CANADIAN PRESS

Minister of Health Jane Philpott speaks at a conference in Ottawa on Monday.
SEAN KILPATRICK/THE CANADIAN PRESS

Rules on assisted dying weak: Philpott

HEALTH CARE

Minister says provincial guidelines don't cut it

Health Minister Jane Philpott says provincial guidelines do not provide enough clarity and protection to physicians who may be asked to help their patients die, suggesting people will have trouble finding a doctor to assist them.

"Doctors may have inadequate protection and I expect in these early days, many physicians will be extremely reluctant to provide assistance to patients wanting medical assistance in dying," Philpott told a roomful of health-care professionals in a speech to the National Health Leadership Conference on Monday.

The minister reminded the audience that doctor-assisted dying would become legal effective at midnight Monday, her office said — after the federal government missed a Monday deadline set by the Supreme Court for enacting a law in response to its ruling on physician-assisted death.

"Unfortunately, despite tremendous effort, this bill is not yet in place," Philpott.

> **Doctors may have inadequate protection.**
> Jane Philpott

"That means that, effective tomorrow, you may be asked to do something that has never been expected of you before — to help people end their lives. It's a daunting prospect."

Medical regulators in every province have already issued guidelines for physicians on providing assistance in dying, based on the eligibility criteria outlined by the court.

Those rules impose safeguards similar to — and in some cases, even stronger than — those proposed in the government bill, C-14.

But Philpott said those guidelines are not enough.

"While I have faith in Canada's health-care providers to carry out these responsibilities responsibly and ethically, I believe that regulatory guidance alone is insufficient, given the nature of what you will be asked to do," Philpott said.

And those guidelines do not apply to everyone, Philpott said.

"Nurses, pharmacists and others who assist doctors will not have the guidance or protection they need," she said. THE CANADIAN PRESS

COURTS

Jury selection underway in Quebec election shooting trial

Seven people — five women and two men — were chosen Monday on the first day of jury selection at the murder trial of the man accused in the deadly 2012 shooting at Parti Québécois election headquarters.

Fourteen people will be picked to hear testimony, although only 12 will end up deliberating Richard Henry Bain's fate.

Bain, 65, is charged with first-degree murder in the slaying of lighting technician Denis Blanchette outside a nightclub on Sept. 4, 2012, as then-PQ leader Pauline Marois was toasting her party's election win.

Bain also faces various charges of attempted murder as well as fire-related counts. He entered new pleas of not guilty on Monday.

About 50 witnesses will testify at the trial, which is expected to last up to two months.

The trial has been delayed numerous times, most recently in May for Bain to undergo surgery, but Superior Court Justice Guy Cournoyer was informed last week the accused is ready to proceed. THE CANADIAN PRESS

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No charges in gorilla case

ZOO

Prosecutor defends mom of boy who got into exhibit

A prosecutor announced Monday no charges will be brought against the mother of the little boy who got into the gorilla exhibit at the Cincinnati Zoo, saying the three-year-old "just scampered off" as children sometimes do.

The killing of a 400-pound gorilla that was dragging the child through a moat May 28 set off a torrent of criticism online, with some vilifying the zoo for shooting the animal and others blaming the mother for not watching her child more closely.

Hamilton County Prosecutor Joe Deters said the case didn't come close to warranting a charge of child endangerment, and he defended the mother as an attentive parent undeserving of the abuse and threats.

He said the mother had three other children with her, ages one to seven, and had turned away "for a few seconds" to attend to one when the boy took off.

"If anyone doesn't believe a three-year-old can scamper off very quickly, they've never had kids. Because they can. And they do," Deters said.

In a statement, the family said it was pleased with the decision.

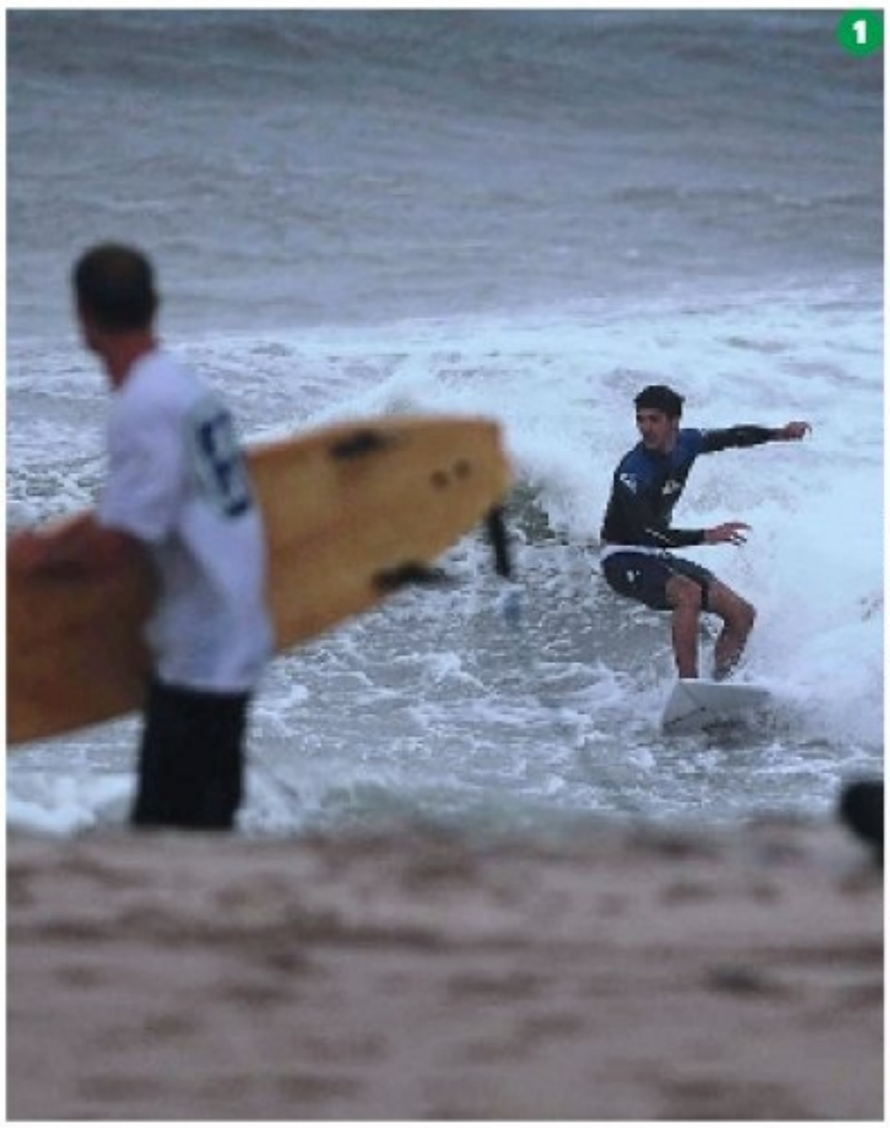
"This is one more step in allowing us to put this tragic episode behind us and return to our normal family," the statement said.

The boy apparently climbed over a three-foot barrier, made his way through bushes and fell 15 feet into a shallow moat. The zoo's dangerous-animal response team shot the agitated, 17-year-old gorilla, Harambe, after concluding the boy's life was in danger.

The zoo plans to reopen its Gorilla World on Tuesday with a higher, reinforced barrier.

The zoo's actions will be reviewed separately by the U.S. Department of Agriculture. An animal protection group has urged that the zoo be fined.

THE ASSOCIATED PRESS



WEATHER

Power outages, flooding as tropical storm pelts Florida

Heavy rains from Tropical Storm Colin hit north Florida and southern Georgia on Monday, knocking out power in some areas and flooding roads on the Gulf coast.

Residents filled sandbags, schools closed early and graduation ceremonies were postponed as Gov. Rick Scott declared a state of emergency.

The National Hurricane Center said Colin marked the earliest that a third named storm has ever formed in the Atlantic basin.

Colin's maximum sustained winds Monday were near 85 km/h with some slow strengthening possible during the next two days. While rains pelted the region, the storm was centred about 305 kilometres west-northwest of Tampa and was moving north-northeast at 37 km/h.

Early Monday, Ronald P. Milligan, 74, stopped by a park in St. Petersburg where authorities planned to distribute sandbags because the ditch in front of his home had filled during the previous evening's rain.

"If last night was a 'no storm' — and the water was almost up to the hump in my yard — I'm worried," Milligan said, motioning to about knee level. He's lived in Florida since the late 1970s and hasn't ever prepared for a storm this early.

Sandbags also were distributed in Tampa and cities and counties throughout the region. About 7,600 people were without power in the Tampa Bay area.

The latest forecast for Colin called for the centre of the storm to make landfall near the Big Bend area of Florida sometime Monday evening, and move across the Florida peninsula into Georgia and then move along or just off the South Carolina coast before heading out to sea.

THE ASSOCIATED PRESS

1 Surfers take advantage of the waves from Tropical Storm Colin on Monday in Venice, Fla.
JOE RAEDLE/GETTY IMAGES

2 Storm clouds from Tropical Storm Colin flank the Orlando Eye Ferris wheel as severe weather moves in.
JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

3 Guests leave CityWalk at the Universal Orlando theme park complex in a torrential downpour as the first rain band from Tropical Storm Colin arrives.
JOE BURBANK/ORLANDO SENTINEL VIA THE ASSOCIATED PRESS

IN BRIEF

Afghan leader condemns killing of NPR reporters
The president of Afghanistan on Monday condemned the killings of David Gilkey, a veteran news photographer and video editor for National Public Radio, and Afghan journalist Zabihullah Tamanna in an insurgent ambush while on assignment. They were travelling Sunday with an Afghan army unit in Helmand province when the convoy came under fire and their vehicle was struck. THE ASSOCIATED PRESS

Frenchman accused of plotting Euro 2016 attacks
Ukraine's intelligence agency has thwarted a plot to attack the European Championship soccer tournament in France by arresting a heavily armed Frenchman who wanted to cross into the European Union, officials said Monday. The Ukrainian Security Service said it had followed the man since December and allowed him to purchase weapons before he was arrested last month. THE ASSOCIATED PRESS

Clinton poised for victory

U.S. POLITICS

Candidate has the delegates to win Democratic nomination

Hillary Clinton greets supporters during a rally at Long Beach City College on the final day of campaigning in California on Monday. JONATHAN ALCORN/AFP/GETTY IMAGES

Striding into history, Hillary Clinton will become the first woman to top the presidential ticket of a major U.S. political party, capturing commitments Monday from the number of delegates needed to become the Democrats' presumptive nominee.

The victory arrived nearly eight years to the day after she conceded her first White House campaign to Barack Obama. Back then, she famously noted her inability to "shatter that highest, hardest glass ceiling."

Campaigning this time as the loyal successor to the nation's first black president, Clinton held off a surprisingly strong challenge from Vermont Sen. Bernie Sanders. He mobilized millions with a fervently liberal message and his insurgent candidacy revealed a deep level of national frustration with politics-as-usual, even among Democrats who have controlled the White House since 2009.

Clinton, the former secretary of state, New York senator and first lady, reached the 2,383 delegates needed to become the presumptive Democratic nominee on Monday with a decisive weekend victory in Puerto Rico and a burst of last-minute support from superdelegates. Those are party officials and officeholders, many of them eager to wrap up the primary amid preference polls showing her in a tightening race with presumptive GOP nominee Donald Trump.

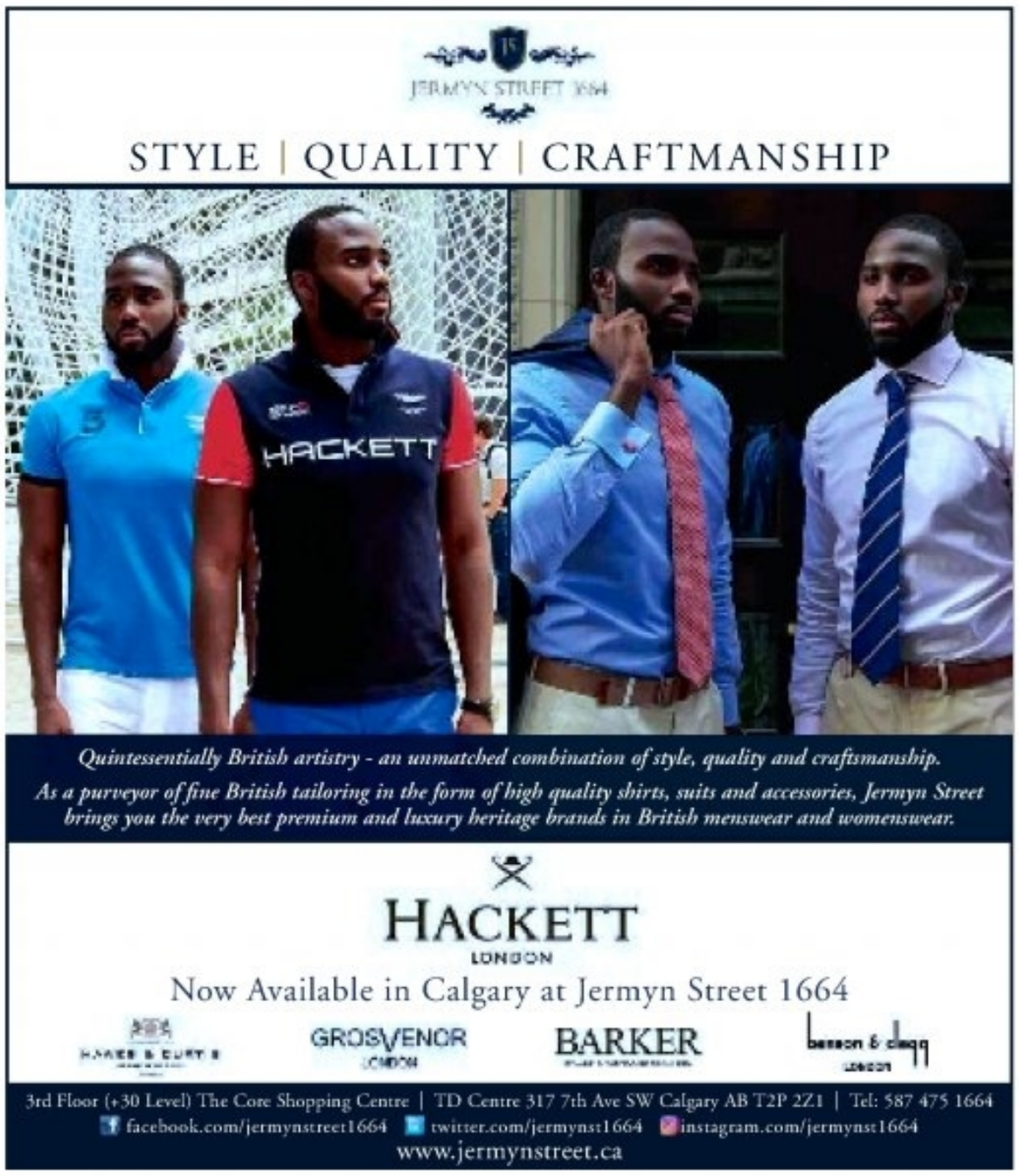
Clinton has 1,812 pledged delegates won in primaries and caucuses. She also has the support of 571 superdelegates, according to an Associated Press count.

AP surveyed all 714 superdelegates repeatedly in the past seven months, and only 95 remain publicly uncommitted. While superdelegates will not formally cast their votes for Clinton until the party's July convention in Philadelphia, all those counted in her tally have unequivocally told AP they will do so.

"We really need to bring a close to this primary process and get on to defeating Donald Trump," said Nancy Worley, a superdelegate who chairs Alabama's Democratic Party and provided one of the last endorsements to put Clinton over the top. THE ASSOCIATED PRESS

THE RACE

Clinton outpaced Sanders in winning new superdelegate endorsements even after his string of primary and caucus wins in May. Following the results in Puerto Rico, it is no longer possible for Sanders to reach the 2,383 needed to win the nomination based on the remaining available pledged delegates and uncommitted superdelegates.



Canadians buy fresh less often

PRODUCE PRICES

Poll finds more people shifting to frozen fruit and vegetables

Some Canadians are snubbing expensive fruits and vegetables, instead turning to frozen produce and juice as less-pricey alternatives, a new survey by researchers from two universities has found.

Soaring produce prices have been a hot topic recently. Fresh vegetable costs rose 11.7 per cent and fresh fruit prices increased 11 per cent year-over-year in April, according to Statistics Canada's most recent consumer price index report.

Researchers from the University of Guelph's Food Institute and Dalhousie University surveyed more than 1,000 adults in Canada online between May 12 and 24 to determine if those rising prices have changed consumer grocery shopping behaviours.

The results suggest low-income households, less-educated people and younger generations are more vulnerable to volatile fruit and vegetable prices, said Sylvain Charlebois, the dean of the faculty of management at Dalhousie University in Halifax and one of the report's authors.

About one-quarter of respondents said they ate fewer fruits and vegetables over the past 12 months. Respondents with low incomes and lower education levels were more likely to have dropped produce from their diets than their wealthier counterparts, Charlebois said.

Slightly more than two-thirds of respondents said they passed on purchasing specific high-cost produce, such as cauliflower.

Many respondents — about 45 per cent — also purchased or considered buying frozen produce as a way to reduce their total grocery bill. Fewer of them — about 17 per cent — did the same with juice.

Those cost-cutting measures may be something consumers will continue to do as produce prices don't show any signs of easing.

In the University of Guelph's 2016 food price report, Charlebois predicts this year's food inflation will outpace general inflation, with vegetables increasing in price by two to four per cent and fruits by 2.5 to 4.5 per cent.

It's hard to say exactly how produce prices will play out in the future, he said, but costs are unlikely to stop rising.

"Because of climate change, we are expecting vegetable and fruit prices to become much more volatile than they have ever been," he said.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.

THE CANADIAN PRESS

> **Because of climate change, we are expecting vegetable and fruit prices to become much more volatile.** Sylvain Charlebois

About half of those surveyed opted not to purchase cauliflower at some point over the past year. Several months ago, cauliflower prices spiked toward double digits per head thanks to a sliding loonie and drought in California. Some restaurateurs showcasing the cruciferous vegetable hiked prices or pulled the items from their menus altogether.

More than 15 per cent of respondents also admitted to avoiding broccoli, lettuce, oranges and apples. Apples, for example, jumped 23.4 per cent in price from April 2015 to last April, according to Statistics Canada. People said they also snubbed tomatoes, cucumbers, bananas and carrots, though they were fewer in number.

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Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

TOURISM

Majority of Canucks plan domestic trips

More Canadians are expected to leave their passports at home this summer and hit the road in Canada as the weak loonie and low gas prices prompt a deeper exploration of their own country.

Canada's major tourism destinations are expecting a banner year as Canadians pursue staycations and more travellers from the U.S. and abroad visit the Great White North.

The Banff-Lake Louise area in Alberta is one of the country's most popular destinations, attracting nearly four million visitors a year. Following a 20 per cent increase last year, Parks Canada is anticipating a seven per cent hike in visits this year.

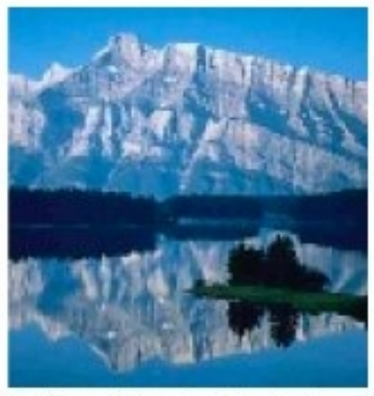
"We've seen it since the dollar took its southern route," said Nancy Dadalt of Banff-Lake Louise Tourism. "I think the dollar has impacted Canadians wanting to stay closer to home."

Niagara Falls, Cape Breton, Old Quebec City and Whistler make the list of top Canadian destinations each year. But there are other options, from large annual events like the Calgary Stampede to quaint small towns and beautiful, tranquil lakes.

Some hot spots may get birthday boosts. Toronto's CN Tower is 40 years old, and the Blue Jays are playing their 40th season.

About 55 per cent of Canadians who are planning vacations this summer intend to explore Canada, up nearly seven points from a survey conducted last year, said the Conference Board of Canada.

THE CANADIAN PRESS



A view of Two Jack Lake in Banff National Park.

TRAVEL ALBERTA/THE CANADIAN PRESS

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Your essential daily news
Tuesday, June 7, 2016

ROSEMARY WESTWOOD
ON WHY HILLARY SHOULD CHAMPION REPRODUCTIVE RIGHTS

She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points. Nothing cuts deeper than the right to control your own body.

Hillary Clinton might be pro-choice, but her campaign isn't nearly pro-choice enough.

Despite earning a Planned Parenthood endorsement (the first primary endorsement in its history) and her long support for abortion rights, it's only been one message among a muddled many.

It could be so much more. Come the general election, drawing women to the polls — especially young, single, Democrat-voting women who have been leaning heavily in Bernie Sanders's favour thus far — will be as essential as always for a Democratic win. And abortion rights could be the key.

The demographic reasons are obvious: As many as one in three women will get an abortion before age 45 in the U.S., according 2008 data. But that's not what makes it such a potentially potent issue for Clinton this election. For that, we can thank the abortion crisis sweeping across the United States. Aggressive lobbyists and regressive lawmakers are wiping abortions from the map.

In Texas, Louisiana, South Carolina, Oklahoma, Indiana and Florida, pro-life forces are pushing, and in places succeeding, at nullifying an inalienable right.

By restricting women's access to abortions through outlandish measures (forcing women to bury or cremate a fetus, requiring small clinics to build hospital-sized hallways, investigating Planned Parenthood and cutting state funding to clinics that provide abortions), lawmakers threaten to shutter dozens of abortion clinics, leaving women with the right to an abortion in name only. (This month, the Supreme Court could rule to uphold a Texas law that forces abortion clinic doctors to have admitting rights to hospitals, which would close eight clinics.)

This not only endangers a basic right, but by forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

It shouldn't be a hard sell, but Clinton isn't the salesman that Donald Trump is. Trump — who is pro-life — is a master of the sound bite and the galvanizing rhetoric. She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points with a similarly pointy edge: Nothing cuts deeper than the right to control your own body. All Clinton needs to do is hammer one simple thing home: Abortion access is under attack, and she is its saviour.

Pundits better placed than I, assume Sanders fans will skew Clinton if/when she becomes the nominee.

But there's preference for a candidate — and then there's cold, hard voting.

Recently, the Washington Post reported that women's fervent support for Clinton rises with age because their experience of sexism deepens as they have children and advance in their careers. Abortion could be the cause young women can relate to — and the cause that lets them relate to Hillary Clinton herself.

By forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

Metro POLL
Will you watch the NHL playoffs?

No Canadian teams are left in the running for the Stanley Cup. Back in April, ratings for the first week of the NHL playoffs were down 61 per cent. And now that the Pittsburgh-San Jose final is upon us, we asked how much attention you have been paying.

How much of the NHL playoffs have you watched this year, compared to past years?

80%: Less
It's hard to care with no Canadian content.
17%: About the same
The games are as entertaining as ever.
3%: More
It's a more interesting group of teams than usual.

No Canadian NHL teams + Raptors rocking the country = low NHL ratings.

I have my favourite couple of teams I watch and if they don't make it, I'm done.

Playoff hockey is still the best kind of hockey, regardless of which teams are playing.

There are way better things on TV than hockey.

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Compost comes to Calgary. Goodbye, green-eyed monster

KLASZUS' CALGARY
Jeremy Klaszus

Starting in 2017, Calgarians will finally be able to toss their food scraps and grass clippings into bins for composting.

Yay us! No more burning with envy when visiting cities such as Vancouver and Toronto.

We'll have caught up. We'll each have our own green cart.

Most of us, anyway. There's fine print, as there often is. "Eligible homes" will get the new green cart service. That means single-family homes "up to and including fourplexes," according to the city.

And what about everyone else? This column was originally going to be a gripe about the plight of apartment and condo-dwellers, many of whom had to wait nearly seven years to get basic recycling service.

As it turns out, this is a good news story. The city rolled out blue carts in 2009, you'll recall, but didn't require multi-family complexes to provide recycling (through the private sector) until 2016.

Entire civilizations rose and fell in that time. OK, not quite, but the Alberta PCs did cycle through five leaders. Taylor Swift put out three albums. It was a really long delay.

I expected a similarly long wait with composting, as a bylaw amendment requiring multi-family complexes to divert organics from the landfill isn't even slated to go before council until this fall.

But then I called the city and was pleasantly surprised.

"If the amendment is approved, all multi-family buildings will have to have food and yard waste diversion as of the fall of 2017, which does directly coincide with the roll-out of green carts for single-family residences," city waste diversion spokesperson Lindsay Seidel-Wassenaar said.

The amendment would require businesses and other organizations to do the same.

They won't get green carts but it will be more or less the same service, except provided by the private sector. The city serves single-family homes because it's easy and relatively uncomplicated.

"For multi-family, there are many more elements at play," Seidel-Wassenaar said. "You can have five-plexes, you can have high rises. There's a lot of variety."

The city believes the waste management sector in Calgary is now robust enough to handle organics collection and composting.

The catch is that city council needs to give the proposed amendment the green light. It's not a given. It's a no-brainer, yes, but then so are secondary suites, and council has managed to botch that file quite thoroughly.

In the end, organizations — condo boards and businesses alike — are like people. They tend to do things at the last possible minute. An impending deadline, rather than one years off in the distance, will get the job done quickly.

Jeremy Klaszus is a Calgary-based freelance journalist and stay-at-home dad.

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Anne-Marie Mediwake and Ben Mulroney named co-hosts of Your Morning, CTV's new morning show]

Shining a light on skin cancer

HEALTH

Caroline Cooper was a faithful sunscreen user, but still got sick

ABOVE: Caroline Cooper, glowing and in remission from melanoma. **INSET:** A painful skin rash — a side effect of the chemotherapy drug MEK 162 —worsened over six weeks of Cooper's cancer treatment. TORSTAR NEWS SERVICES

Caroline Cooper's passion was outdoor adventure, guiding canoe trips, rock climbing and wilderness trekking. In 2013, she'd landed a dream job in Hong Kong, teaching kids to surf, kayak, rappel.

"My office was the outdoors," explains Cooper, 29.

Fair-skinned, she always wore a SPF 30 sunscreen and conscientiously reapplied it to prevent getting burned. But she never worried the sun exposure would lead to skin cancer.

"I thought skin cancer was just an ugly mole, something you cut off," says Cooper.

That changed when she was diagnosed with melanoma, the deadliest form of skin cancer. The rate of melanoma has been rising in Canada, about 2 per cent a year for men and 1.5 per cent for women.

For Cooper, it began one morning in Hong Kong when she noticed a golf ball-sized lump on her neck. A doctor there biopsied it and told her it was melanoma.

"That's a good thing, right?" she blurted out, having feared breast or brain cancer.

"No, not really," he replied.

She returned to Toronto. Medical scans revealed tumours in her neck. Cooper underwent surgery that removed 63 lymph nodes from her neck. Eleven were cancerous.

"I have a scar running three-quarters the way around my neck," she says.

Cooper had 33 radiation treatments. By the end of 2013, evidence of the disease was gone, but the oncologist warned her it might return.

Sure enough. Follow-up scans in the summer of 2014 showed spots in her lungs, liver and at the base of her skull. The melanoma had spread.

"Nobody asked me about death, but the thought was going through everyone's mind," says Cooper.

She was enrolled in a clinical trial for the drug MEK162. "It kicked my ass," says Cooper about the side effects — severe nose bleeds, hair loss, sore joints and a rash on her face and torso so painful she required morphine. The young woman who once energetically scrambled up rock faces was curled up for three-hour naps.

In six months, the tumours shrank 30 per cent, but then the drug stopped working. "My body built up a resistance, which my doctor had predicted," she explains. She was transferred to another drug, ipilimumab. It caused fewer side effects, but scans showed improvement.

During her post-radiation remission, Cooper had met Justin Douglas on an online dating site, and the two grew close. He accompanied her to medical appointments and moved in with her and her parents when the cancer returned. "He would hold me when I cried, and I could tell him things that scared me," says Cooper. "He was my knight in shining armour."

On June 13, 2015, the two married. Three months later another scan showed she was fully in remission.

She won't return to leading outdoor adventures, the career she loved. "It's my skill set. I can set up a tarp with my eyes closed," explains Cooper, who is grappling with changing career paths.

In all her time outdoors, she never had a bad sunburn, a risk factor for skin cancer. Nor did she ever go to a tanning salon, another possible factor.

"It was just all the days out in the sun added up," she says. "It can happen to anyone."

TORSTAR NEWS SERVICE

NEED TO KNOW

Types of skin cancer
Basal cell: Can cause disfigurement; **Squamous cell:** Can grow and spread; **Melanoma:** Can be deadly.

Mole warning signs
Talk to your doctor about black, multi-coloured or irregular moles more than 6 mm in diameter.

The right sunscreen
Wear water-resistant SPF 30 or higher, broad spectrum (UVA and UVB rays). You can apply just before going out. Use SPF 30 lip balm.

The right clothing
Wear a broad-brim hat and tightly woven shirts and pants. Look for sunglasses labelled UV 400 or 100 per cent UV protective.

Source: Dr. Jennifer Beecker, Canadian Dermatology Association

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Celebrity trainer Erin Oprea tells readers how to get more out of their limited time. "Working out doesn't always have to be in the gym." TORSTAR NEWS SERVICE

It's all about your diet, says Underwood's trainer

INTERVIEW

Workouts can be fast, but you can't out-train over eating

Erin Oprea knows you don't have time.

That's why the celebrity trainer and former member of the U.S. Marine Corps has crafted a "do-anywhere" workout regimen approved by clients such as singer Carrie Underwood who have to squeeze workouts in between red carpets and stadium shows.

Her new book The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want (Harmony: $27.64) tells readers how to get more out of limited time. "Working out doesn't always have to be in the gym," she says. "Anytime that you have free time — knock it out."

But the key is in the kitchen.

Can most people accomplish their fitness goals with body weight exercise?
They can reach their goal, but so much of reaching your goal is your nutrition. If you don't change your nutrition, then you're never going to get the results you want. You can't out-train a bad diet.

What are some tips for eating right?
Definitely hydration. Drinking half of your body weight in ounces. If you weighed 100 pounds, you'd want to drink 50 ounces of water. So many people live their life completely dehydrated.

What are some of the biggest diet misconceptions?
One of the big myths that's out there is "carbs are bad," which I totally disagree with. Carbs are our energy source. They're fuel for our body. If you put bad gasoline in your car it's not going to run like it's supposed to. If you put bad carbohydrates in your body, it's not going to run like it's supposed to. Fuel is good if it's the right kind of fuel. The right kind of fuel would be more like oatmeal, and sweet potatoes, and quinoa — food like that, as opposed to white breads and white rice and white potatoes.

What's the time of day you should eat carbs?
The time of day is early in the day when you're going to use them. People will pack it in at dinner, and eat a lot of pasta or baked potatoes and then they'll sit on the couch. If you eat it at night and you just sit around, your body is just going to store it. I tell people to eat it before three in the afternoon, and you have time to use it up. That doesn't mean pile in as much as you can — still eat it in moderation when you have time to use it.

So a salad for dinner and bread for breakfast is OK?
Bread early, or bread in moderation. And watch the sodium. People don't realize how much sodium affects your body. If you're getting ready for swimsuit season and you eat something very salty — it could be a frozen dinner that you might think is healthy, but it's loaded in sodium — if you start cutting back the sodium, it makes a world of difference.

Can you ruin a whole week's worth of exercise in a few meals?
Absolutely. You cannot outtrain a bad diet. If you workout really hard for two hours and then you go eat five slices of pizza, you might have kept yourself from gaining as much, but you're not going to get to where you want to be.

What are some of Carrie Underwood's strengths as a client?
She's a driven woman. Just like all my other clients, they're dedicated. They've made the decision that they want to do something and they do it. Everybody has bumps on the road. The key is to try and stay as consistent as possible and when you slip up, get right back on track. Don't let one little bump in the road set you off for weeks.

TORSTAR NEWS SERVICE

Carrie Underwood GETTY IMAGES

EATING

Pop helps feed obesity bubble

Would U.S. teens be any slimmer if Katy Perry hawked kale and quinoa?

New research doesn't prove a link, but its authors think music stars popular with teens may be contributing to the obesity epidemic by endorsing fatty fast food, snacks and soda.

The study shows that 20 of the hottest teen-music heartthrobs have done TV ads or promotions for products nutritionists consider unhealthy.

Of 107 food and drink endorsements included in the study, few were for nutritious foods, the researchers said. Lead author Marie Bragg, a food policy and obesity researcher at New York University, singled out one "natural whole-food product." That was South Korean pop star Psy's "crackin' gangnam-style" TV ad for Wonderful pistachios, shown during the Super Bowl in 2013.

Katy Perry endorses Pepsi and Popchips. GETTY IMAGES

About 80 per cent of celebrity-endorsed food ads were high-calorie products including snack chips and chocolate, or fast-food restaurants including McDonalds, Chili's and A&W.

The list includes Perry endorsements for Pepsi and Popchips; Justin Timberlake ads or promotions for Chili's, McDonald's and Pepsi; and will.i.am ads or campaigns linked with Coca-Cola, Doritos, Dr. Pepper and Pepsi. The study was published in the journal Pediatrics.

Ads can influence behaviour, and the researchers say the results have important implications, given high obesity rates. Statistics show that about 20 per cent of U.S. teens are obese and even more are overweight.

"Celebrities should leverage their influence to promote more healthful messages," the researchers said.

Bragg said it would be unrealistic to expect teens to only eat healthy foods, or to ask celebrities to only endorse those products. She said "moderation" and "a better balance" of ads would be ideal. THE ASSOCIATED PRESS

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metro SPORTS

Stephen Curry has withdrawn from consideration for the U.S. Olympic team, citing recent ankle and knee injuries

Penguins sitting on Stanley's doorstep

CUP FINAL

Pittsburgh leads series 3-1 with chance for glory at home

The Pittsburgh Penguins are one win away from their fourth Stanley Cup.

Phil Kessel and Evgeni Malkin had two points apiece and Matt Murray made 23 saves as the Penguins captured Game 4 of the Stanley Cup final in San Jose on Monday night, edging the Sharks 3-1 at SAP Center.

Malkin scored his first goal of the series and added an assist while Kessel set up a pair. Ian Cole and Eric Fehr also hit the scoresheet for the Penguins, who can win their first Stanley Cup since 2009 at home on Thursday night.

Melker Karlsson scored for the Sharks and Martin Jones stopped 17 of 20 shots.

Though San Jose came out with good energy on home ice, it was Pittsburgh getting on the board first for the fourth consecutive game to open the series. The play was engineered by Kessel who broke into the Sharks zone, dangled around defenceman Brenden Dillon and then flung a shot at Jones, with the rebound skipping straight out to Cole on the weak side.

The Penguins defenceman quickly fired into an open cage, free of any opponent with a fresh round of Sharks just hopping onto the ice.

The Penguins' Matt Cullen collides with Logan Couture of the Sharks on Monday night in San Jose. EZRA SHAW/GETTY IMAGES

GAME 4 in San Jose

It was the first of two assists for Kessel, who continues to lead Pittsburgh in post-season scoring. He now has 21 points in 22 games. Malkin landed his first point of the series.

After ending his series pointless streak in the first period, Malkin ended up beating Jones for a goal a period later.

Positioned to the left of the Sharks goalie on an early period power play, the Russian centre took a cross-ice pass from Kessel and finessed it into the net.

Malkin, Cole and Fehr — with an empty-netter — were the seventh, eighth and ninth different Penguins to score in the series.

Murray was finally beaten about eight minutes into the final frame by Karlsson, who replaced an injured Tomas Hertl on San Jose's top line. Karlsson took possession of the puck after a scramble in front of the Pittsburgh net and fired it just under the left arm of Murray, cutting the Sharks' deficit to 2-1.

THE CANADIAN PRESS

ALI FUNERAL

Farewell 'designed by The Champ himself'

Muhammad Ali and his innermost circle started a document years ago that grew so thick they began calling it "The Book."

Its contents will soon be revealed.

In the pages, the boxing great planned in exact detail how he wished to say goodbye to the world.

"The message that we'll be sending out is not our message — this was really designed by The Champ himself," said Timothy Gianotti, an Islamic studies scholar who for years helped to plan the services. "The love and the reverence and the inclusivity that we're going to experience over the coming days is really a reflection of his message to the people of planet Earth."

The 74-year-old three-time heavyweight champion wanted the memorial service in an arena. He wanted multiple religions to have a voice while honouring the traditions of his Muslim faith. And he wanted ordinary fans to attend, not just VIPs.

> **Our job now, as a city, is to send him off with the class and dignity and respect that he deserves.**
>
> Louisville Mayor Greg Fischer

Former U.S. president Bill Clinton, a longtime friend, will deliver the eulogy at the funeral at the KFC Yum! Center, where the 15,000 seats are likely to be filled.

THE ASSOCIATED PRESS

IN BRIEF

Love's status up in the air

Kevin Love was cleared to fly. His playing status remains up in the air.

Cleveland's forward, who sustained a concussion in the first half Sunday in a Game 2 NBA Finals loss to Golden State, travelled with his teammates on Monday as they regrouped.

It's not yet known if Love, who dislocated his left shoulder in last year's playoffs and missed the finals, will play again in the series. THE ASSOCIATED PRESS

Ducharme given the reins of national junior team

Dominique Ducharme will coach Team Canada at the 2017 world junior championship in Toronto and Montreal.

Ducharme was an assistant coach on the Canadian squad at the 2016 world juniors in Helsinki.

The 43-year-old is the coach and general manager of the Drummondville Voltigeurs of the Quebec Major Junior Hockey League.

THE CANADIAN PRESS

Real opportunity in Rio

GOLF

Coaches think Olympic course sets up well for Canadian team

It's an assignment unlike any other for Canadian golf coaches Derek Ingram and Tristan Mullally.

They're tasked with getting the Canadian Olympic golf team — two women and two men — ready to play a unique course in Rio at an event which will be much different than the usual PGA and LPGA Tour stops.

Unlike most tournaments where players are thinking about overall results, the money list and ranking position, the only thing that really matters at the Games is whether you're in first, second or third. The podium-or-bust mindset should make for some aggressive shot-making and a wild four rounds of stroke play.

Brooke Henderson and Alena Sharp are virtual locks for the women's team. The men are in a tight race between David Hearn, Graham DeLaet, Adam Hadwin, Nick Taylor and Brad Fritsch.

Golf Canada expects to formally unveil its team nominations in mid-July. The Olympics begin Aug. 5.

Ingram and Mullally visited the Olympic Golf Course in Rio last March and were impressed.

"More like a British Open I would say in terms of the wind and the style of shot that you're going to have to play," Mullally said at an availability Monday at Ontario's Goodwood Golf Club. "But then it's in the Brazilian heat, so it's going to be different."

The coaches say the course has wide fairways but plenty of hazards, shrubs and steep bunkers. High winds are expected.

Mullally — who will coach Henderson and Sharp — thinks the course plays nicely into the Canadians' strengths.

"It's a golf course that if it gets windy, can play very long and both of those players bomb it," Mullally said. "So I think that's certainly an advantage for them and they're both good around the greens.

"They have the skills, so it's a matter of whether they can bring them on the day."

Henderson, from Smiths Falls, Ont., has risen to No. 4 in the world and will be one of Canada's best bets for the podium.

"She's such a good player that the top-10's are not a given, but she's capable of doing that when she's not even playing at her best," Mullally said. "So when things are firing on all cylinders, a medal and hopefully a gold is certainly on our mind for sure."

Sharp, meanwhile, has strengthened her ability to play in windy conditions over the last year. Couple that with her impressive length off the tee, and the veteran from Hamilton could also be in the mix.

Hearn, from Brantford, Ont., and DeLaet, from Weyburn, Sask., are good bets to make the men's squad.

However, DeLaet withdrew from the Memorial last week to work on his short game. It's unclear how long he might be out of action.

Meanwhile, Hadwin, from Abbotsford, B.C., started the final round one shot off the lead and finished tied for 11th place. A hot run over the next month could be the difference for the Olympic team selection.

THE CANADIAN PRESS

LOOKING AHEAD

The men's tournament is scheduled for Aug. 11-14. The women will play from Aug. 17-20.

Golf Canada has high hopes for Ontario's Brooke Henderson.
CHRISTIAN PETERSEN/GETTY IMAGES

U.S. OPEN

Field for Oakmont coming into focus

Carlos Ortiz of Mexico found his game at just the right time Monday and qualified for his first major at the U.S. Open.

Ortiz had made only two cuts in the past three months on the PGA Tour. In the strongest qualifying field of mainly tour players, the 25-year-old from Mexico shot 66-66 on different courses in Columbus.

U.S. Amateur champion Bryson DeChambeau, who gave up his exemption to the U.S. Open when he turned pro after the Masters, shot a 63 at Wedgewood and also advanced. Others who were certain to get into Oakmont next week were Brendan Steele and Spencer Levin.

The other spots were yet to be determined because of a rain delay, and a playoff for the last spot seemed likely.

Carlos Ortiz
GETTY IMAGES

In the other Ohio qualifier in Springfield, where only four spots were available, three of them went to college players. Charlie Danielson and Nick Hardy from Illinois got through along with Kyle Mueller of Michigan.

They were among 10 qualifiers across the U.S. as the 156-man field was mostly set. Six spots were held back for those who might move into the top 60 in the world ranking next week and qualify, such as Memorial winner William McGirt at No. 44.

THE ASSOCIATED PRESS

IN BRIEF

Tiger penning book on '97

Tiger Woods is getting back to work — as an author.

Woods is writing his first book since 2001, which is due out next spring. The book does not have a title yet, but it will be about his historic win in the 1997 Masters. It is scheduled to be released in hardcover, as an e-book and in audio in March, a month before the 20th anniversary of that watershed moment in golf.

THE ASSOCIATED PRESS

Goodell not ready to settle

NFL commissioner Roger Goodell took the air out of reaching a settlement with Tom Brady following the Patriots star QB's latest appeal of the four-game "Deflategate" suspension.

"At this stage, no," Goodell said Monday, noting there have been several previous bids to reach a settlement. "The courts will make their decisions, and we'll move forward on that basis."

THE ASSOCIATED PRESS

SEAHAWKS

Lynch adamant this is indeed the end

Marshawn Lynch is putting to rest any lingering speculation about a possible return to the NFL in an interview with 60 Minutes Sports.

In the interview that is to air Tuesday, Lynch says, "I'm retired. Is that good enough? Which camera do you want me to look into? This one? I'm done. I'm not playing football anymore."

There's been speculation throughout that Lynch was having second thoughts about retirement, which he announced on social media during the fourth quarter of the Super Bowl. The Seahawks placed Lynch on the reserve/retired list in May, meaning the team would retain his rights he returns. THE ASSOCIATED PRESS

Marshawn Lynch
GETTY IMAGES

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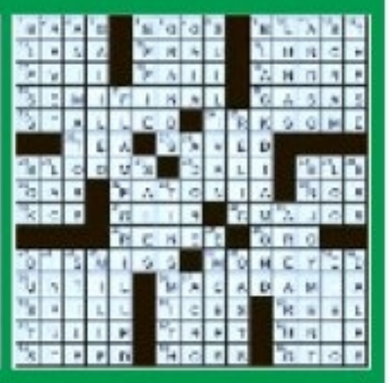

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Parcel C - SW ¼ 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS
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Parcel A - West ½ 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. **The offer package will include a gravel assessment report.**

Parcel B - 5.04 Acres (+/-) located within the NW ¼ of 30;20;1;W5M and includes 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

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RECIPE Niçoise Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A large dinner salad can give a family enough variety so everyone feels there is something in it for them, and this easy Niçoise delivers double on delicious elements.

Ready in
Prep time: 25 minutes

Ingredients
- 8 small red potatoes
- 2 handfuls of green beans, washed and trimmed
- 1 head of lettuce (I like Boston but a salad mix would work, too)
- 1 can tuna
- 2 hard-boiled eggs, quartered
- 4 plum tomatoes, quartered
- ¼ cup black olives, pitted

For the dressing:
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- ½ cup olive oil
- salt and pepper to taste

Directions

1. Bring a large pot of salted water to a boil.

2. Place your potatoes in the boiling water and cook for about 5 minutes. Add the trimmed green beans to the pot for another 3 minutes until all the vegetables are tender. Drain well and set aside.

3. Wash and spin your salad greens. Tear or chop into bite-sized pieces. Toss the greens in a bit of salad dressing, coating them lightly. Spread your dressed greens on a platter.

4. Arrange your ingredients in small mounds, tuna in the middle (broken up into chunks), beans together, potatoes together, olives together, etc.

5. Drizzle salad dressing over.

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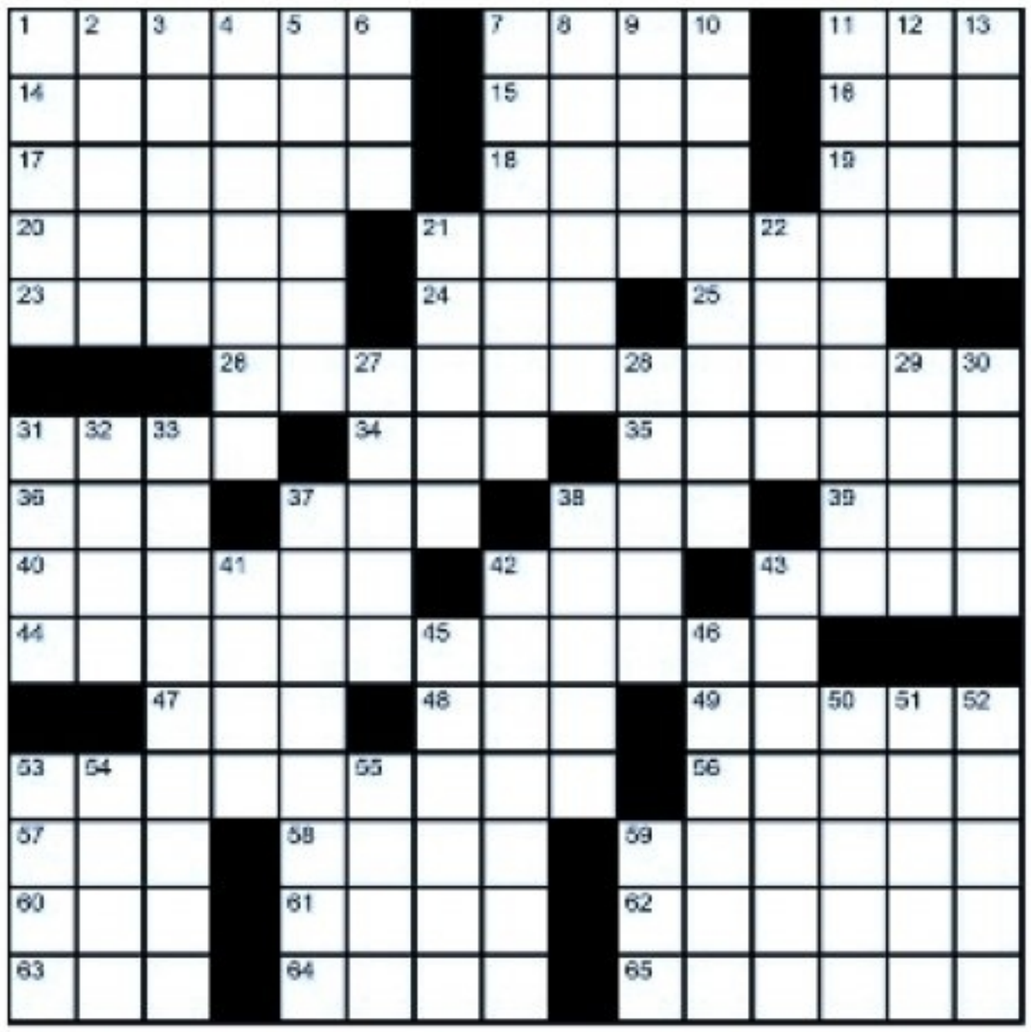
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Garlic shrimp dish
7. __ milk
11. Better
14. Adam Levine's band, __ 5
15. Mozart opera, __ Fan Tutte
16. Apple Pie Mode's missing slices?
17. Gives warning
18. __ __ were (Seemingly)
19. Mary __ (Cosmetics company)
20. Ms. Bow, the 'it girl' in "It" (1927)
21. Food Network champions: 2 wds.
23. Metric weights, briefly
24. Reno's li'l state
25. G'days
26. 1984 chart-topper for Prince: 3 wds.
31. Scottish rolls
34. 'King' in Spain
35. Region of France
36. 'Hotel' suffix
37. Jnr. opposite
38. Quebec's largest city [abbr.]
39. Kitchen and den, etc. [abbr.]
40. Bands
42. Fitness system, __ Bo
43. FDNY's 'D' [abbr.]
44. Techie tune in "Purple Rain" (1984) starring Prince: 2 wds.
47. Sir McKellen
48. Compete
49. Birth-related
53. Prince-written song by Canadian-lead-singer trio Vanity 6: 2 wds.
56. Barter
57. "Entourage" superagent
58. Mr. Johnson of "Laugh-In"
59. Rhoda's little sister on '70s TV
60. Yearning
61. Printer paper purchase
62. English novelist Jane
63. Wilt
64. NASDAQ rival
65. Clever comeback

DOWN
1. __ dab in the middle!
2. Prefix to 'graphy' (Fancy writing)
3. "Is that __ __ sapphire?" (Jewellery store query)
4. Days following todays, olde-style
5. Saskatchewan export
6. Amer. pals to CMs on rulers
7. __-cat
8. Where Pristina is the capital
9. "The cheque __ __ the mail."
10. Canadian singer/songwriter Joni, one of Prince's musical inspirations
11. Is prudent: 2 wds.
12. Count __ (2004 Jim Carrey role)
13. Compensates
21. __ tube (Lake fun thing)
22. Kitty sound effect
27. Accounting firm, __ & Young
28. Historical drama of 2000 starring Uma Thurman, Tim Roth and Gerard Depardieu
29. Red Serge force, commonly
30. Tues., on Wed.
31. 'Canada' begins with one: wd. + letter
32. 'Air'-meaning prefix
33. Bright, as an outcome
37. Rope of twisted-together-strands: 2 wds.
38. Silent film actress Ms. Normand
41. __ __ the crack of dawn
42. Ancient three-levels-of-oars Mediterranean ship
43. Most cherished
45. Madonna's 1996 title role's namesakes
46. False
50. So much, in music
51. Calculator ...when using the + sign
52. Resembled the Tower of Pisa
53. Refusals
54. Expanse
55. Stone hue
59. Stop

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Something unexpected will interrupt your home routine today. Small appliances might break down or minor breakages could occur. Be patient with family members to keep the peace.

Taurus April 21 - May 21
This is an accident-prone day for your sign, so pay attention to everything you say and do. Before you speak, count to three and keep your eyes open! This puts you in control.

Gemini May 22 - June 21
Today you might find money, or you might lose money. Stay in touch with your bank account. Guard your possessions against loss or theft, because today is a crapshoot.

Cancer June 22 - July 23
Your plans regarding sports events, parties or a fun escape might be interrupted because a parent, boss or police person intervenes. (Oops!) Just be aware of this.

Leo July 24 - Aug. 23
This is a restless day for you. You're not sure whether to act or wait, because things are unpredictable. (It never hurts to first find which way the wind is blowing.)

Virgo Aug. 24 - Sept. 23
A friend likely will surprise you by doing something you least expect today. Or possibly, you will meet someone new who is bohemian, unorthodox or just weird.

Libra Sept. 24 - Oct. 23
It's hard to predict people in authority today — parents, bosses, VIPs and the police. Just be aware that someone is going to throw you a curveball. Forewarned is forearmed.

Scorpio Oct. 24 - Nov. 22
Travel plans will change today. They might be canceled or rescheduled. On the other hand, you suddenly might have a fresh opportunity to travel. Yay!

Sagittarius Nov. 23 - Dec. 21
Something unexpected might affect discussions about inheritances, taxes, debt and shared property. Stay in touch with your bank account so you know what's happening.

Capricorn Dec. 22 - Jan. 20
A friend or spouse might want more freedom in the relationship. Someone close will do something today that surprises you. Expect an unusual request from someone close to you.

Aquarius Jan. 21 - Feb. 19
Your work routine will be interrupted by canceled meetings, power outages, fire drills, computer crashes — something. A co-worker might do something that surprises you.

Pisces
Feb. 20 - March 20
This is a mildly accident-prone day for your kids, so be vigilant. This is also an accident-prone day for sports. Meanwhile, social plans might suddenly change.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

7		6			5			1
		2	9		3	6		8
5		7		2		9		
		9		3		4		7
1		5	2		9	7		
8			6			2		4

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June 7 — $75 +GST

GPS Awards
Rotary House
The Global Petroleum Show Awards (GPS Awards) will serve to recognize and celebrate the leaders who drive impactful change and evolution in the energy industry.

June 7/8 — Free

Low Carbon Innovation Forum
Rotary House
Join us at this forum where we will share information about advances in innovation and technology development in the field of carbon management and clean tech.

June 7 — $95 +GST

Opening Night Reception
Hyatt Regency Calgary
Attend the premier networking event of GPS. Your five senses will be delighted through vivid visuals, fantastic food and drinks along with engaging entertainment.

June 7-9 — Free

The CIBN "Doghouse" Innovation Theatre
Hall B - Booth 1532
The Doghouse is a pitch competition that gives entrepreneurs the best exposure to the entire energy industry, both as potential customers and investors.

June 8 — $195 +GST

Energy Leaders Breakfast at International Energy Capital Forum
Hyatt Regency Calgary
Gain a global perspective from eminent leaders, decision makers, innovators, and thought leaders about vital issues affecting the sector.

June 7-9 — Free

SRC Technology & Innovation Theatre
Booth 1210, Halls A,B,C
With world-renowned labs, scientists and engineers, SRC develops enhanced oil recovery solutions for international clients.

June 8 — $15

GPS Professional Bull Riders Invitational
Agrium Western Event Centre
Experience the Most Exciting Eight Seconds in Sports.100% of the ticket sales from the PBR Invitational will be donated to the United Way in Fort McMurray.

June 7-9 — Free

Knowledge Bars
Hall B - Booth 1751
Knowledge Bars will be located directly on the GPS exhibition floor and are designed to create a meaningful exchange of information between buyers and sellers in a relaxed environment.

June 7 -9, 2016 | Stampede Park | Calgary, Alberta

Major Exhibition Sponsors: ATCO

Stakeholders: Alberta Canada

Held in conjunction with: SPE Canada HeavyOil Technical Conference; SPE

FEATURE EVENTS

Wednesday, June 8 | 9am- 9pm

ERWIN HYMER GROUP Cup
BACK ON TRACK Cup
BANTREL Cup

Thursday, June 9 | 9am- 9pm

ATCO Challenge
WESTMORELAND Cup
ATB FINANCIAL Cup

Friday, June 10 | 9am- 9pm

ENCANA Cup
RBC CAPITAL MARKETS Cup

Saturday, June 11 | 9am- 5pm

TRANSCANADA Winning Round
Parade of Nations
RBC Grand Prix presented by Rolex

Sunday, June 12 | 9am- 5pm

ATCO Classic
Parade of Nations
CNOOC NEXEN Cup (Derby)

TICKETS

$5 TICKETS Adults/Teens
Kids 12 & Under:Free
Seniors (65+): Free

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FIRST RESPONDERS

Friday, June 10 - Sunday, June 12
Come to Spruce Meadows to see, first-hand, the educational and community information units, rescue equipment, explosive detection units, canine units and so much more!

From June 10th-12th, Spruce Meadows will be honouring the efforts of our First Responders- including police, fire, EMS, and provincial parks emergency services. Specialized equipment, including fire trucks, ambulances, police vehicles and aviation support units will be here for you to explore. Come and meet, greet and thank our amazing First Responder Personnel who work hard every day to keep our communities safe.

FAMILY FUN ACTIVITIES

Face Painting	Fri. - Sun.
Kozy Shack Pony Rides	Fri. - Sun.
Wagon Rides	Fri. - Sun.
RE/MAX Prairie Dogs	Fri. - Sun.
Musical Entertainment	Fri. - Sun.

all included in the price of admission!

SHOPPING

Over 50 local businesses will be located in the Gallery on the Green and locations throughout the grounds - plenty of shopping for every taste!

Friday, June 10	12pm - 9pm
Saturday, June 11	10am - 6pm
Sunday, June 12	10am - 6pm

COMPLIMENTARY SHUTTLE BUS

Avoid the traffic and take advantage of the Red Arrow Shuttle Bus to Spruce Meadows – its free! Pick it up at the Somerset/Bridlewood LRT Station on the weekend:

Friday, June 10	5pm - 9pm
Saturday, June 11	10am - 6pm
Sunday, June 12	10am - 6pm